

UCOOK

Sesame-crusted Basa

with coriander & chilli pesto bulgur wheat

Beautiful basa marinated in lemon juice and garlic. Pan-fried and crumbed in sesame seeds. Served on a bed of coriander and chilli pesto bulgur wheat, with a dollop of coconut yoghurt to finish it off!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Alex Levett

♥ Health Nut

🍷 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

225ml	Bulgur Wheat
2	Lemons <i>1½ zested & cut into wedges</i>
2	Garlic Cloves <i>peeled & grated</i>
3	Basa Fillets
125ml	Coconut Yoghurt
12g	Fresh Coriander <i>rinsed & roughly chopped</i>
85ml	Mixed Sesame Seeds
30ml	Pesto Princess Coriander & Chillli Pesto
2	Tomatoes <i>finely diced</i>
150g	Cucumber <i>finely diced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. THE BEST BULGUR Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 300ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork, replace the plate, and set aside.

2. BASA TIME In a shallow dish, combine the juice of 3 lemon wedges, the grated garlic, 4 tbsp olive oil, and seasoning. Pat the basa dry with paper towel and add to the dish with the marinade. Set aside to marinade in the fridge.

3. CORIANDER YOGHURT In a bowl, combine the coconut yoghurt, seasoning, and ½ the chopped coriander. Add water in 5ml increments until a drizzling consistency. Place the sesame seeds on a shallow dish.

4. COOK THE FISH Place a pan over a medium-high heat with a small drizzle of oil. When hot, remove the fish from the marinade and fry for 2-3 minutes on each side until cooked through and golden. You may need to do this step in batches. In the final 1-2 minutes, baste the fish with the marinade. Remove from the pan and add to the plate with the sesame seeds. Press the fish into the seeds until fully coated on both sides.

5. FINAL TOUCHES To the bowl with the cooked bulgur wheat, add the lemon zest, the pesto, the diced tomato, the diced cucumber, and seasoning. Mix until fully combined.

6. PLATE IT UP! Plate up the loaded bulgar wheat. Top with the sesame crusted basa. Drizzle over the coriander yoghurt and garnish with the remaining coriander. Serve with any remaining lemon wedges. Yummy!



Chef's Tip

You can also grate the cucumber into the yoghurt if you wish. You will need to use a clean kitchen towel to extract the liquid from the grated cucumber.

Nutritional Information

Per 100g

Energy	511kj
Energy	122Kcal
Protein	9.6g
Carbs	13g
of which sugars	1.5g
Fibre	2.7g
Fat	4g
of which saturated	0.8g
Sodium	24mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Fish, Tree Nuts

Cook
within 2
Days